



DEPARTMENT OF THE ARMY
HEADQUARTERS, 1ST INFANTRY DIVISION
580 1ST DIVISION ROAD
FORT RILEY, KANSAS 66442-7000

AFZN-CG

04 November 2024

COMMANDER'S POLICY MEMORANDUM #11

SUBJECT: Pregnancy Postpartum Physical Training (P3T)

1. References:

- a. AD 2022-06 (Parenthood, Pregnancy, Postpartum)
- b. DA PAM 40-502, Medical Readiness Procedures
- c. AR 40-502, Standards of Medical Fitness
- d. AR 350-1, Army Training and Leader Development
- e. FM 7-22, Holistic Health and Fitness

2. The readiness of our Army is paramount in our ability to fight and win on the battlefield. Sustaining the health and wellbeing of our Soldiers is of utmost importance. Over 6,000 Soldiers deliver babies annually and 84% of them will remain in service after their birth event. It is our duty to support this special population with a safe, holistic training environment to ensure medical readiness and retainability.

3. Commanders will enroll their pregnant Soldiers into the 1st Infantry Division centralized Pregnancy Postpartum Physical Training (P3T) program upon notification of pregnancy. Commanders will use provided DA 4856-counseling form to inform Soldiers of their participation in P3T. Soldiers on a high risk and physically limiting profile may be exempt from daily physical training with proper documentation from their healthcare provider but will attend weekly education sessions.

4. The P3T program will provide Soldiers with the 1ID P3T Parental Leave Physical Training Plan (optional) to promote wellness, fitness guidelines, and recovery during their convalescent and parental leave.

5. Commanders will enroll their postpartum Soldiers as soon as they return from maternity convalescent and/or parental leave. Postpartum Soldiers will complete daily physical training at P3T upon return from their maternity convalescent leave and/or parental leave for up to 180 days from the birth event. Postpartum Soldiers may, with Commander approval, continue P3T for up to 365 days from birth event. Monthly

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diagnostic ACFT are conducted to track progress prior to Soldiers return to unit PT. Early disenrollment (less than 180 days) from P3T requires passing diagnostic ACFT score and a Dis-Enrollment Memorandum for Record from P3T Administration to the Company Commander. IAW AD 2022-06, Soldiers who disenroll from P3T early are not required to take a for record ACFT or meet height and weight standards until they reach 365 days postpartum.

6. An Exemption to Policy Memorandum from P3T must be signed by the Brigade Commander and submitted to P3T administration. These command exemptions are reserved for mission essential personnel to maintain mission necessity.

7. The point of contact for this memorandum is the Division Surgeon Cell.

2 Encls

1. P3T Enrollment DA 4856
2. 1ID P3T Parental Leave PT Plan (Optional)



MONTY L. RONE
Major General, USA
Commanding